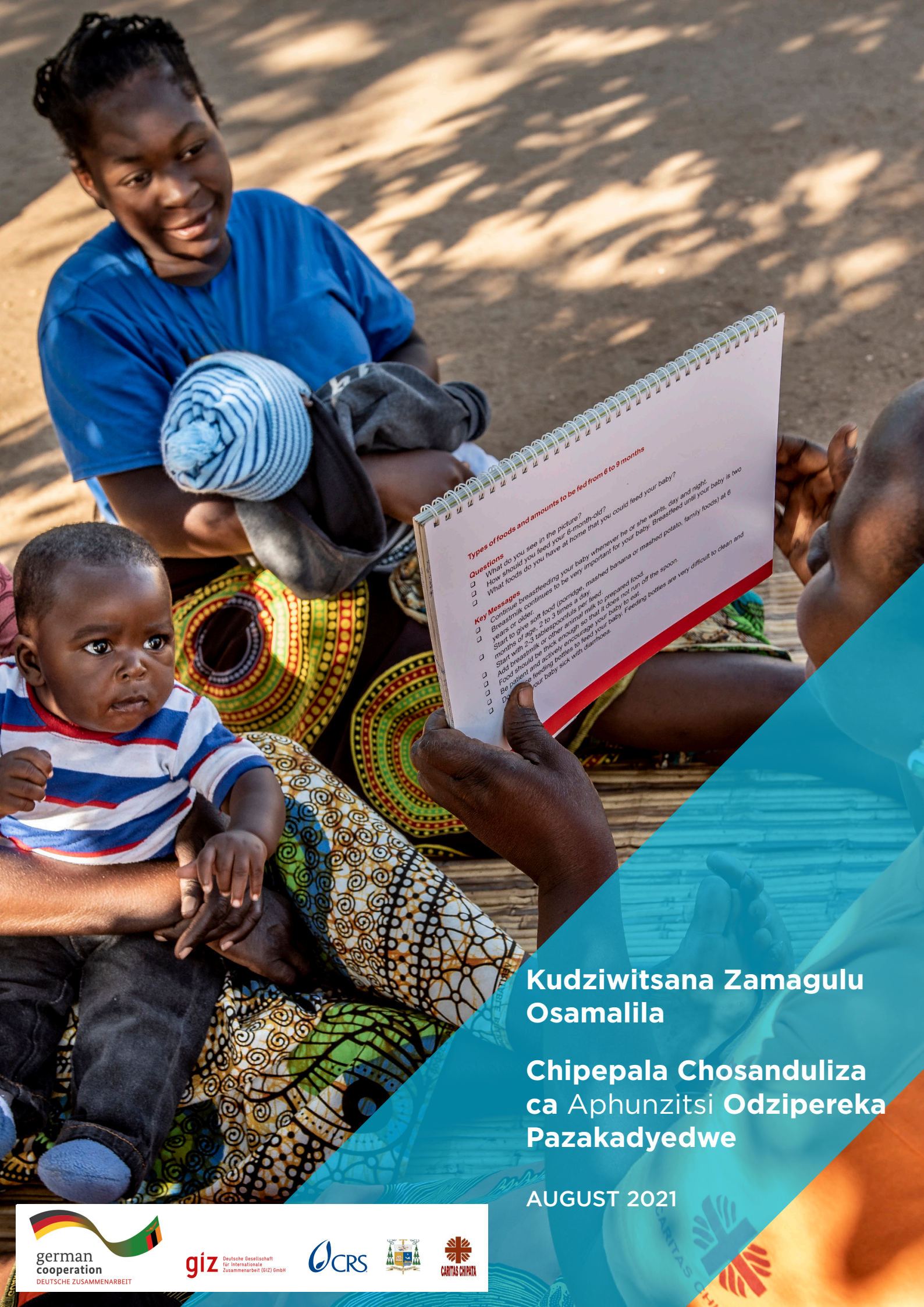




Types of foods and amounts to be fed from 6 to 9 months

Questions

- ☐ What do you see in the picture?
- ☐ How should you feed your 6-month-old?
- ☐ What foods do you have at home that you could feed your baby?

Key Messages

- ☐ Continue breastfeeding your baby whenever he or she wants, day and night.
- ☐ Breastmilk continues to be very important for your baby. Breastfeed until your baby is two years or older.
- ☐ Start to give soft food (porridge, mashed banana or mashed potato, family foods) at 6 months of age, 2 to 3 tablespoons per feed.
- ☐ Start with 2-3 tablespoons of soft food.
- ☐ Add breastmilk or other animal milk to prepared food.
- ☐ Food should be thick enough so that it does not run off the spoon.
- ☐ Be patient and actively encourage your baby to eat.
- ☐ Food and feeding bottles to feed your baby. Feeding bottles are very difficult to clean and
- ☐ Do not give your baby sick with diarrhoea.

**Kudziwitsana Zamagulu
Osamalila**

**Chipepala Chosanduliza
ca Aphunzitsi Odzipereka
Pazakadyedwe**

AUGUST 2021

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Lessons, stories, and activities in the **Facilitation Guide for Training Nutrition Volunteers (NVs)** are meant to complement the information provided in **Nutrition Volunteers training participants material**.

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This Nutrition Volunteer Orientation Guide, produced for the GIZ-FANSER project, was adapted from the Catholic Relief Services (CRS)-USAID Mawa project's Health Promoter Lesson Plan, whose content was primarily adapted from the Care Group Orientation: Promoter Lesson Plan by Food for the Hungry.¹

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¹ Accessed 21 August 2013 from http://www.caregroupinfo.org/blog/wp-content/uploads/2012/06/2011_BUR_Mod_-1_LPlan_ENG.docx

PHUNZIRO 1: CIYAMBI CAMAGULU OSAMALILA



ZIPANGIZO ZAPHUNZIRO 1:

- Cipepala cosanduliza ca aliyense wa Aphunzitsi odzipereka pazakadyedwe



SEWERO:

Kudziwa inu



AMENE ANALIPO

NKHANI:

Ana Athanzi (Chithunzithunzi 1.1)

Amai acikulile akuti, “Pa ana anga onse, atate ako ndiye anali mwana wamphamvu. Ana anga ena analikudwala pafupi-pafupi ndipo analibe mphamvu. Ndinali ndi mimba ya atate ako pamene FANSER Project inayamba. Cifukwa ca FANSER Project, anthu anasintha zinthu zimene zinathandizila ana ukula. Ana amabadwa athanzi ndipo samadwala pafupi-pafupi. Ana amatalika ndiponso amphamvu uposa aja amene amabadwa citukuko cisanayambe. Lero, ana sabvutika, koma ndi athanzi ndi amphamvu mu zaka zoyamba za moyo.”



FUNSANI:

- Kodi kunali mabvuto otani pamene amai acikulire anali kukhala ndi ana? Kodi zinasintha motani?
- Kodi ana kumalo amene inu mukhala ndi athanzi? Cifukwa kapena cifukwa ninji?
- Kodi umoyo ungakhale osiyana bwanji kuti ana onse anali athanzi ndi amphamvu?

Tiyeni tilinganize maganizo anu ndi mauthenga ali pa masamba otsatila.

NKHANI: ANA ATHANZI

Chithunzithunzi 1.1



Pa ana anga onse, atate ako ndiye anali mwana wamphamvu.



Ndinali ndi mimba ya atate ako pamene FANSER Project inayamba.



Lero, ana sabvutika, koma ndi athanzi ndi amphamvu mu zaka zoyamba za moyo.



ZOLINGA ZA FANSER



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 1.2)?

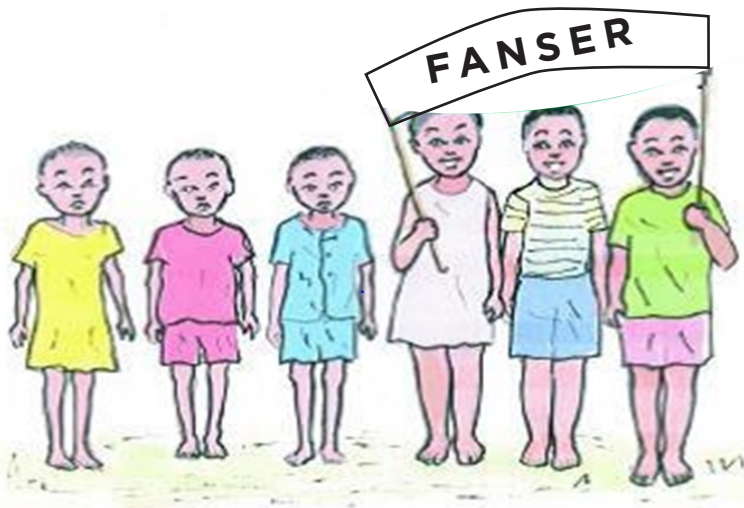
FOTOKOZANI:

- **Ana adzakula ocenjera.**
 - Opereka thandizo adzakwanitsa kukonza zakudya zathanzi kuti ana ao akule ocenjera.
 - Zakudya zathanzi zimalola bongo kukula ndi kutukuka.
- **Ana adzakula amphamvu.**
 - Opereka thandizo adzakwanitsa kukonza zakudya zathanzi zolimbitsa mafupa ao ndi ntchafu.
 - Ana adzakhala ndi mphamvu zambiri.
- **Ana adzakhala athanzi.**
 - Azimai adzakhala ndi kadyedwe kabwino ndi athanzi pamene ali ndi pakati ndi kuona ana athanzi.
 - Opereka thandizo adzakwanitsa kuunguza matenda ndikulandila thandizo mwamsanga.
 - Opereka thandizo adzakwanitsa kuthandiza ana ao pamene adwala kuti agonjetse matenda.
 - Opereka thandizo adzasunga madzi, cakudya ndi matupi mwaukhondo kuteteza matenda.

FUNSANI: Kodi zotulukamo izi ndizofunika kwambiri kwa inu? Cifukwa kapena cifukwa ninji?

ZOLINGA ZA FANSER

Cithunzithunzi 1.2



Ana adzakula ocenjera.



Ana adzakula amphamvu.



Ana adzakula athanzi.

KUFIKIRA AZIMAI NDI ANA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 1.3)?

FOTOKOZANI:

- **Kuthandizila ana kuti akule, tidzagawana mauthenga ndi azimai apakati ndi azimai ali ndi ana ocepekera pa minyezi 24.**
 - Monga mbalani imeni iteteza mazila ake ali mucisa, ana ndi ana akhanda afunika citetezo ndicisamaliro capadera muzaka zoyamba ziwire zamoyo.
 - Muzaka ziwiri zoyamba ana amakhala paciopysezo camatenda ndi imfa.
 - Ana athanzi a zaka ziwiri ndikotheka kukula ndikukhala anthu akulu akulu athanzi.
- **Kwa zaka zisanu, anyantchito a FNSP adzaphunzitsa odzipereka pazakadyedwe ndi luso kukathandizila ana kukula ocenjera, athanzi ndi amphamvu.**
 - Patakapita zaka zisanu, mudzadziwika bwino kwambiri kumalo kumene mukhala cifukwa ca ntchito imene mwacita.
 - Mudzaona kusintha mukucenjera kwa ana, thanzi ndi mphamvu.
- **Pakupitiliza kuphunzitsa ana, ngakhale pamene citukuko citatha, mudzakwanitsa kugawana nzeru ya ntchito zaluso ndi anthu ena kumalo kumene mukhala ndi kudera lonse.**

KUFIKIRA AZIMAI NDI ANA

Cithunzithunzi 1.3



Kuthandizila ana kuti akule, tidzagawana mauthenga ndi azimai apakati ndi azimai ali ndi ana ocepekera pa minyezi 24.



Kwa zaka zisanu, anyantchito a FANSER adzaphunzitsa Aphunzitsi odzipereka pazakadyedwe ndi luso la kukathandizila ana kukula ocejera, athanzi ndi amphamvu.

ABWENZI A FANSER



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 1.4)?

FOTOKOZANI :

- **Citukuko ici ndi citukuko *canu*. Ndinu amene mudzathandizila ana kukula ocenjera, athanzi ndi amphamvu.**
 - Ndi zaka zakudziwa bwino kwanu, luso ndi nthawi tidzakwanitsa kuona kusintha.
 - tAtsogoleri akuno kwathu, anyantchito azaumoyo amene tikhala nao kumalo kwathu kapena kabungwe ka Neighborhood ndi opititsa patsogolo zaumoyo adzakuthandizilani nzeru ndi uphungu pamene mabvuto aoneka.
- **Pali mabungwe ena ambiri okuthandizilani kukwaniritsa colinga canu: MOH, MAL, BMZ/GIZ, CRS, Care International Diocese of Mansa and Chipata.**
 - Mabungwe awa onse agwira ntchito pamodzi ndi inu kuthandizila ana kukula ocenjera, athanzi ndi amphamvu.
 - Pamodzi adzapereka maphunziro ndi uphungu kwa zaka zisanu kuti mukakhale ndi luso komanso nzeru yopitsila patsogolo kakulidwe ka mwana.

ABWENZI A FANSER

Cithunzithunzi 1.4



Citukuko ici ndi citukuko *canu*. Ndinu amene mudzathandizila ana kukula ocenjera, athanzi ndi amphamvu.

Pali mabungwe ena ambiri okuthandizilani kukwaniritsa colinga canu: MOH, MAL, BMZ/GIZ, CRS, Care International Diocese of Mansa and Chipata and AAH.

PHUNZIRO 2: NJIRA ZOPHUNZITSILA



ZIPANGIZO ZAPHUNZIRO 2:

- Phunziro 1: Ocenjera, Athanzi ndi Amphamvu (buku imodzi ya aliyense wa Aphunzitsi odzipereka pazakadyedwe)



SEWERO:

Kupanga Mandala Ammaso



AMENE ANALIPO

NKHANI:

Phunziro la Kusintha (Cithunzithunzi 2.1)

Mdzukulu cibvu wamkazi akuti,” Kodi malo amene tikhalamo anasintha bwanji?” Ambuya acikazi amasulila, “Anthu anasankha Aphunzitsi odzipereka pazakadyedwe. Ndinasankhidwa ngati ozipereka pazakadyedwe. Ndinakumana ndi opititsa patsogolo ndipo ndinaphunzira zinthu zatsopano. Bwino lake ndinayamba kugawana mauthenga ndi anthu apafupi amene ndikhala nao kuti ayese zinthu zatsopano. Ndinasinthanso zinthu zina kunyumba.”



FUNSANI:

- Kodi ndimotani m'mene odzipereka pazakadyedsa anathandizila mzimai kusintha?
- Kodi zinthu izi zingathandizile anthu ena bwanji kusintha?
- Kodi uganiza kuti ungaphunzitse mwa njira iyi?

Tiyeni tilinganize maganizo anu ndi mauthenga ali pa masamba otsatila.

NKHANI: PHUNZIRO LA KUSINTHA

Cithunzithunzi 2.1



Kodi anthu anasintha motani?



Ndinafotokoza nkhani ndikufunsa mafunso.



Ndinalimbikitsa amene ndikhala nao pafupi kuyesa njira zatsopano.



Ndinapanga kusintha kunyumba.

FUNSANI NDI KUONETSA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 2.2)?

FOTOKOZANI:

- **Mau akuti ASPIRE adzakukumbutsani zofunika kucita.**
 - Liu lililonse mu ASPIRE iimilila nthamphuro imodzi imene idzakuthandizani kukhala mphunzitsi wabwino.
- **A mu ASPIRE aimililila ASK (ufunsa).**
 - Tifunika ukumbukila *ufunsa* azimai zimene akucitapo mokhudzana ndi phunziro.
 - Ici cidzatithandiza kudziwa cimene tifunika kuphunzitsa.
 - Ngati tiphunzitsa zakusamba m'manja, tikhoza kufunsa mzimai aliyense, "Kodi m'masamba m'manja mwanu pafupi-pafupi motani?"
- **S mu ASPIRE aimililila SHOW (cionetsero).**
 - Phunziro iliyonse lidzakhala ndi ndondomeko ya phunziro ndipo maphunziro ambiri adzakhala pamodzi ndi masamba azipapala zotheka usandulizidwa (flipchart).
 - Tifunsa zimene adziwapo pa phunziro kapena kuwaonetsa cipepala cosandulizidwa (flipchart) ndi kuwafunsa kuti afotokeze zimene aona.
 - Bwino lake timasulila ndondomeko ya phunziro ndi tanthauzo ya zithunzithunzi.
 - Cithunzithunzi ciri conse cimasulidwa kumboyu kwa cipepala cosandulizidwa (flipchart) ndiponso mu ndondomeko ya phunziro.
 - Nfundo zikulu-zikulu zilembedwanso pa tsamba pali cithunzithunzi.

FUNSANI NDI KUONETSA

Cithunzithunzi 2.2

ASPIRE

Mau akuti **ASPIRE** adzakukumbutsani zofunika kucita.



A mu ASPIRE aimililila **ASK** (kufunsa).



S mu ASPIRE aimililila **SHOW** (kuonetsa).

KUFUFUZA NDI UDZIWITSA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 2.3)?

FOTOKOZANI:

- **P ndi I ndiye nthamphulo zotsatira mu ASPIRE.**
- **P mu ASPIRE aimililila PROBE (ufufuza).**
 - Mutaphunzitsa phunziro ndi kuonetsa zithunzithunzi, funsani zopinga zimene zingapangitse kuti mabanja asayese kutsatira njira zatsopano.
 - Mwacitsanzo, “Kodi pali ciriconse cimene cingacipanga kukhala covuta kwa inu kuti mubwinikile cakudya canu kuteteza ku ntchentche?”
 - Mvetselani kumadandaulo amene azimai anena.
- **I mu ASPIRE aimililila INFORM (udziwitsa).**
 - Perekani ziganizo za njira zimene opereka thandizo angapambanilemo mabvuto amene angatchule.
 - Mwacitsanzo, “Munanena kuti mufunika ugula nsaru yophimbila mapoto anu. Bwanji ugwiritsa ntchito bango ukonza dikisero m’malo mwake?”

KUFUFUZA NDI UDZIWITSA

Cithunzithunzi 2.3

ASPIRE

P ndi **I** ndiye nthamphuro zotsatira mu ASPIRE.



P mu ASPIRE aimililila **PROBE** (kufufuza).



I mu INSPIRE aimililila **INFORM** (udziwitsa).

PEMPHO NDI KUYESA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 2.4)?

FOTOKOZANI:

- **R ndi E ndiye nthampulo ziwiri zotsiriza mu ASPIRE.**
- **R mu ASPIRE aimililila REQUEST (pemphe).**
 - Afunseni opereka thandizo ngati afuna udzipereka poyese ucita njira zatsopano.
 - Mwacitsanzo, “Tinaphunzira zakubwinikira cakudya. Kodi mudzipereka kucita ciani tsopano?”
 - Funsani amai kuti alankhule mokweza zimene aganiza kukacita.
 - Ndicisankho cao; sitidzakakamiza azimai kusintha.
- **E mu ASPIRE aimililia EXAMINE (kuyesa).**
 - Funsani azimai pa zimene anadzipereka kukacita pamsonkhano wapita.
 - Kodi anacita zinthu zimene anapita dzipereka kuzikacita?
 - Mwacitsanzo, “Pamsonkhano wathu wapita, munanena kuti mudzapita kucipatala. Kodi munapita?”

FUNSANI: Kodi muganiza kuti nthampulo izi zidzakuthandizani motani ukhala mphunzitsi wabwino?

PEMPHO NDI KUYESA

Cithunzithunzi 2.4

ASPIRE

R ndi **E** ndiye nthamphuro ziwiri zotsiriza mu ASPIRE.



R mu ASPIRE aimililila **REQUEST** (pempho).



E mu ASPIRE aimililia **EXAMINE** (kuyesa).

PHUNZIRO 3: ZINTCHITO ZA *APHUNZITSI* ODZIPEREKA PAZAKADYEDWE



ZIPANGIZO ZAPHUNZIRO 3:

- Chi pepala chosanduliza ca IYCF ca aliyense wa *Aphunzitsi* odzipereka pazakadyedwe
- Buku limodzi loonjezera pa mbali yasewero



SEWERO:

Muli bwanji?



AMENE ANALIPO

NKHANI:

Banja limene Linabweretsa Kusintha (Cithunzithunzi 3.1)

Amai acikulile akuti, “Ndikumbuka pamene ndinasankhidwa kukhala odzipereka pazakadyedwe. Amuna anga anali onyadila kwambiri. Anatero, ‘Kumalo kumene ndikhala, kulira kwa anthu kumamveka kawiri-kawiri. Ana amadwala pafupi pafupi ndipo amavutika kuti akhale ndi moyo. Tsopano apa anthu am’malo mwathu muno adzadzadziwa ndikuseka. Ana adzakhala athanzi ndi amphamvu. Ndine onyadila kwambiri kuti munasankhidwa *kukhala m’modzi wa Aphunzitsi odzipereka pazakadyedwe kuti mubweretse kusintha mudziko lino.*”



FUNSANI:

- Kodi nicifukwa ninji amuna a mzimai uja wacikulile ananyadira mkazi wao?
- Kodi banja lako linakuganizile ciani pamene ugwira ntchito ngati *Aphunzitsi* odzipereka pazakadyedwe?

Tiyeni tilinganize maganizo anu ndi mauthenga ali pa masamba otsatila.

NKHANI: BANJA LIMENE LINABWERETSA KUSINTHA

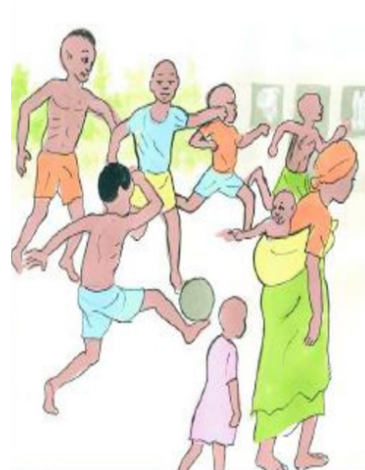
Cithunzithunzi 3.1



Amuna anga anali onyadila kwambiri pamene ndinasankhidwa.



**Kumalo kumene ndikhala,
kulira kwa anthu kumamveka
kawiri-kawiri.**



**Tsopano apa anthu
am'malo mwathu muno
adzadzadziwa ndikuseka.**

KUPHUNZITSA APHUNZITSI ODZIPEREKA PAZAKADYEDWE NDI MAGULU A AZIMAI



ONETSANI:

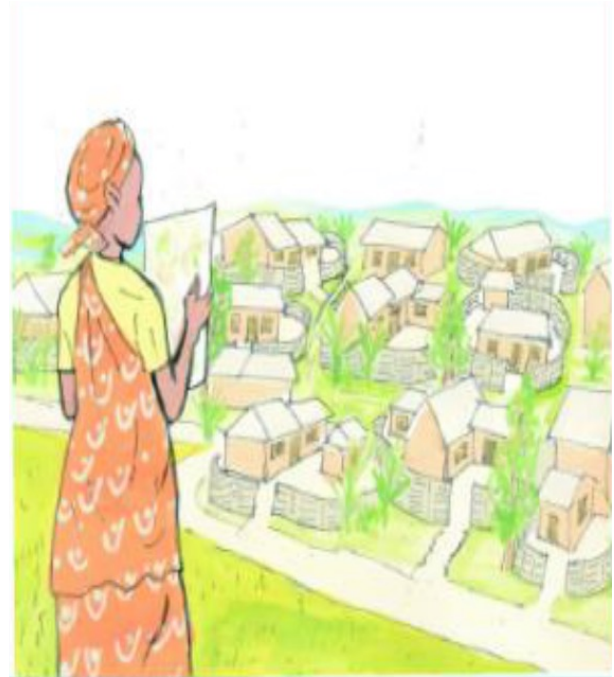
Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 3.2)?

FOTOKOZANI :

- ***Aphunzitsi* Odzipereka pazakadyedwe adzaphunzira phunziro latsopano mwezi ulionse ndikugawana ndi amene akhala nao pafupi.**
 - *Aphunzitsi* Odzipereka pazakadyedwe adzakumana pa gulu losamalila ndi opititsa patsogolo mwezi ulionse.
 - Mwezi ulionse odzipereka pazakadyedwe adzaphunzira phunziro latsopano.
 - *Aphunzitsi* Odzipereka pazakadyedwe adzagawana mauthenga ndi magulu ali nao pafupi (azimai 8-12).
- **Mwezi ulionse, *Aphunzitsi* odzipereka pazakadyedwe adzagawana phunziro latsopano imodzi pa nyumba imodzi.**
 - Kamodzi pa mwezi *Aphunzitsi* odzipereka pazakadyedwe adzagawana phunziro latsopano pa nyumba iliyonse.
 - Pakuyendela banja lililonse, *Aphunzitsi* odzipereka pazakadyedwe adzalimbikitsa acimembala ena am'mabanja kuti atengeko mbali mu phunziro.

KUPHUNZITSA APHUNZITSI ODZIPEREKA PAZAKADYEDWE NDI MAGULU A AZIMAI

Cithunzithunzi 3.2



Aphunzitsi Odzipereka pazakadyedwe adzaphunzira phunziro latsopano mwezi ulionse ndikugawana ndi amene akhala nao pafupi.



Aphunzitsi Odzipereka pazakadyedwe adzayendela mai aliyense pa gulu lake ndi kulimbikitsa acimembala onse a pabanja kuti atengeko mbali mu phunziro latsopano.

KUFUNSA ZA UMOYO WA BANJA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 3.3)?

FOTOKOZANI:

- **Funsani za umoyo wa banja.**
 - Poyamba phunziro lililonse, Aphunzitsi odzipereka pazakadyedwe adzafunsa za umoyo wa banja.
 - Aphunzitsi Odzipereka pazakadyedwe adzamvera za ana obadwa tsopano/akhanda, imfa ndi mamimba omitidwa catsopano ndi azimai ali pa gulupa ndi ana ao ocepekera kwa minyezi makhumi awiri ndi inai (24).
- **Dziwitsani aphungu (Promoters)wa aphunzitsi odzipereka pazakadyedwe za anthu otumizidwa kuchipatala.**
 - Aphungu wa Aphunzitsi ozipereka pazakadyedwe adzafalitsa uthenga uyu ndi zipatala zina, za cigawo ca zaumoyo ndi anyantchito a Bungwe la FANSER.
 - Ici cidzathandizila zipatala kumvetsetsa zofunakila za m'mabanja zokhudza za umoyo kumadela kumene kukhala anthu. akhala.
 - Uthenga uyu udzathandizanso kagulu ka aziphungu wa Aziphunzitsi odzipereka pazakadyedwe umvetsetsa zofunakila zamabanja kumadela kumene anthu akhala.
 - (Opititsa patsogolo) Aphungu wa Aziphunzitsi Odzipereka pazakadyedwe adzagwiritsa ntchito uthenga uyu kukonza tsiku lakukhala ndi Msonkhano wa FANSER CG.
 - Adzatumiza mabanja kucipatala kuti akagonjetse matenda otchulidwa, ali mumzele wacikasu.

KUFUNSA ZA UMOYO WA BANJA

Cithunzithunzi 3.3



Funsani za umoyo wa banja.



Mphinzitsi Odzipereka pazakadyedwe adzatenga mpima wa kakulidwe ka pamwamba pa dzanja la mwana (MUAC) aliyense ocepekera pa zaka ziwiri ndi kulemba aliyense otumizidwa ku cipatala kapena ku kagulu ka FANSER CG.

KUGAWANA MAUTHENGA OCOKERA KU CIPEPALA COSANDULIZA CA IYCF



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 3.4)?

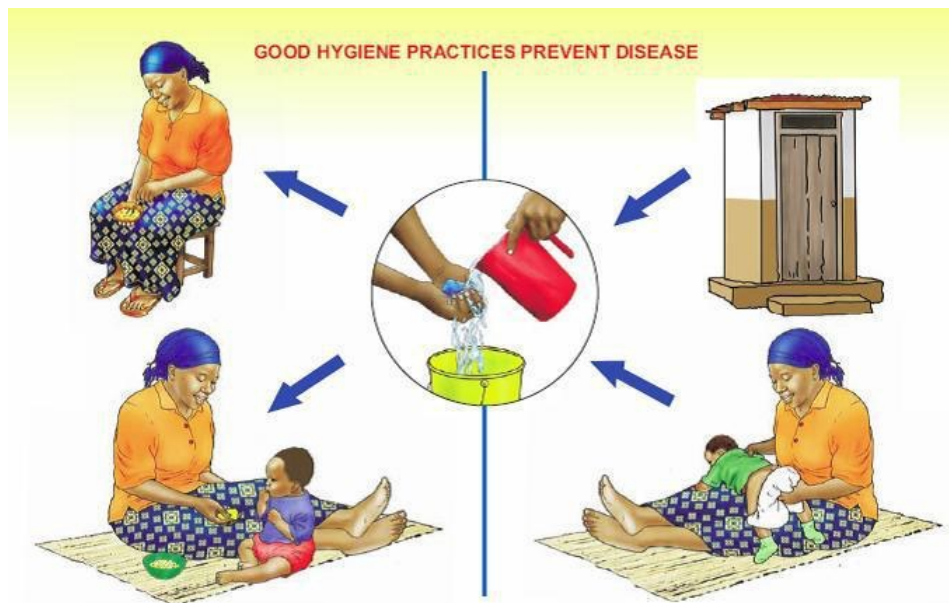
FOTOKOZANI:

- **Cipepala cosanduliza ca IYCF ciri ndi mauthenga opititsa patsogolo thanzi la ana akhanda ndi ana acicepekele.**
 - Tsamba lililonse lili ndi cithunzithunzi ndi zomasulila zake kutsogolo komanso nfundo zikulu zikulu kumbuyo.
 - Cipepala cosanduliza ca IYCF ciri ndi mauthenga pa ukhondo, njira zakadyetsedwe, kadyedwe ka amai ndi mwana, kukula ndi kuyendela ndi zina zambiri.
- **Odzipereka pazakadyedwe adzagwiritsa ntchito cipepala cosanduliza ca IYCF kuthandizila ziphunzitso mwezi ulionse.**
 - Odzipereka pazakadyedwe adzalandila phunziro la masamba awiri lomtsogolera m'mene angagwiritsile ntchito cipepala cosanduliza.
 - Cipepala cosanduliza cidzathandizila azimai kumvetsetsa bwino phunziro.
 - Cipepala cosanduliza cidzamvetsanso bwino anthu ena pa banja ndikulimbikitsa kukambitsana.

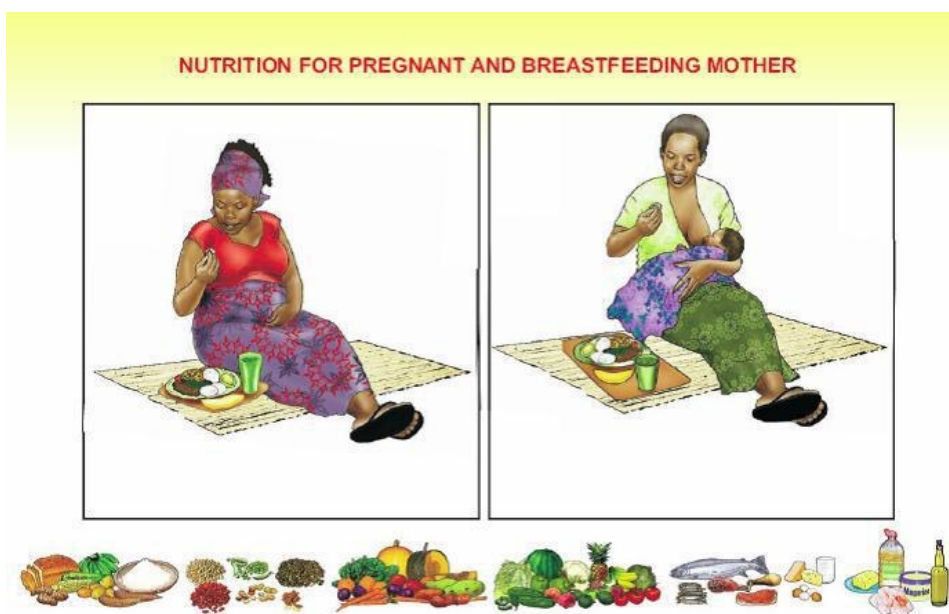
KUGAWANA MAUTHENGA OCOKERA KU CIPEPALA COSANDULIZA CA IYCF

Cithunzithunzi 3.4

Cipepala cosanduliza ca IYCF cili ndi ziphunzitso zambiri.



Phunziro ili linena pa njira zau khondo kuteteza matenda.



Phunziro ili linena pazakadyedwe ka amai apakati ndi amai oyamwitsa.

PHUNZIRO 4: NDIKHOZDA KUSINTHA!



ZIPANGIZO ZAPHUNZIRO 4:

- Tuduswa twambiri twa nsaru togwiritsa ntchito kumanga kumaso.
- Cingwe comanga nfundo pasanu kapena minyala isanu.



SEWERO:

Kuyenda Comangidwa Kumaso



AMENE ANALIPO

NKHANI:

Nkhani Yakuno Kwathu Yakusinthu (Cithunzithunzi 4.1)

iliyonse yopezelamo ndalama. Ana ake anali akali ang'ono ang'ono ndipo sikunali kotheka kuwathandizila ku ntchito zakumunda. Kumudzi kwao anacokako. Nthawi zina azilamu ake amamthandiza, koma anali otangwandidwa ndiponso anali ndi zocita zina. Anthu okhala nao pafupi amadabwa. M'mene amakwanitsila kukhala ndi moyo ndithandizo pang'ono lotere komanso popanda wabanja wapafupi.

Ngakhale zinali tero, sanataye mtima ndipo anaganiza kuyamba uluka nshwanda. Anayese kugulitsa nshwanda kuti azithandizila banja lake. Koma ngakhale zinali tero, sicinali capafupi konse popeza cinali covuta kuti iye apeze omgula. Ndipo akapeza mwai wa munthu amene angamgule, amadzipereka ugula pamtengo waungono kwambiri. Samakwanitsa ugula ndimcere omwe. Tsika lina anakumana ndi anthu ena amene anacoka ku Lusaka amene anabwera kumaloko udzapezekapo pacisangalalo cabanja. Anakhutila ndi kulimba kwake ndipo anaganiza kuti azimgula nshwanda zake zonse zimene angaluke. Zitapita izo, Martha anasonkhanitsa kabungwe kuti azikwanitsa uluka nshwanda zambiri. Cifukwa ca ici, lero umphawi anaugonjetsa.



FUNSANI:

- Kodi ndi anthu otani kumalo kumene mukhala amene mwaona kuti asintha kweni-kweni?
- Kodi amapanga bwanji kusintha?
- Kodi ndiciani cimene cingathandize anthu m'malo ano kugwira ntchito pamodzi?

Tiyeni tilinganize maganizo anu ndi mauthenga ali pa masamba otsatila.

NKHANI: NKHANI YAKUNO KWATHU YAKUSINTHA

Cithunzithunzi 4.1



KUGANIZIRA ZAKUSINTHA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 4.2)?

FOTOKOZANI:

- **Kusintha ndi cinthu cimene ciri bwino cabe mu'umoyo. Tonse timasintha.**
 - Nthawi yokwatira, timasintha m'mene tikhalila.
 - Pamene tiri ndi ana, timasintha m'mene tikonzera cakudya ndi kugwiritsila ntchito nthawi.
 - Monga m'mene nyengo isinthila, tifunika usintha cakudya camene tikudya popeza sizakudya zonse zimene zipezeka caka conse.
- **Kusintha kwina kumacitika mofulumira, monga kugula sopo ochapila.**
- **Kusintha kwina kumatenga nthawi yaitali kuphunzira, monga uphunzira usoka.**

FUNSANI: Kodi kusintha kwina kumene munacitako kale mumoyo wanu ndi ciani?

KUGANIZIRA ZAKUSINTHA

Cithunzithunzi 4.2



Kusinthu ndi cinthu cimene ciri bwino cabe mu'umoyo. Tonse timasintha.



Kusinthu kwina kumacitika mofulumira, monga kugula sopo ochapila.



Kusinthu kwina kumatenga nthawi yaitali kuphunzira, monga uphunzira usoka.

ZINTHU ZIMENE ZITITHANDIZA KUSINTHA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 4.3)?

FOTOKOZANI:

- **Limbikitsanani wina ndi mzake.**
 - Thandizanani kuyesa njira zatsopano.
 - Patsani anthu ciyembekezo kuti akhoza kusintha.
 - Funsani uphungu ku anthu amene anayesapo kale njira zatsopano.
- **Citani luso latsopano.**
 - Yesani uphika phala latsopano. Yambani kuonetsa cisamalilo cofanana ku ana anu.
 - Kuyesa kwanu kwambiri luso latsopano, cidzakhala capafupi kweni kweni kupanga kusintha kwa nthawi yaitali.
- **Pangani kusintha mu nthamphulo zing'ono zing'ono.**
 - Coyamba sinthani zinthu zosavuta kusintha.
 - Pamene mwacita bwino ndi zinthu zing'ono zing'ono, cidzakuthandizilani kusintha kusintha zinthu zikulu-zikulu.

ZINTHU ZIMENE ZITITHANDIZA KUSINTHA

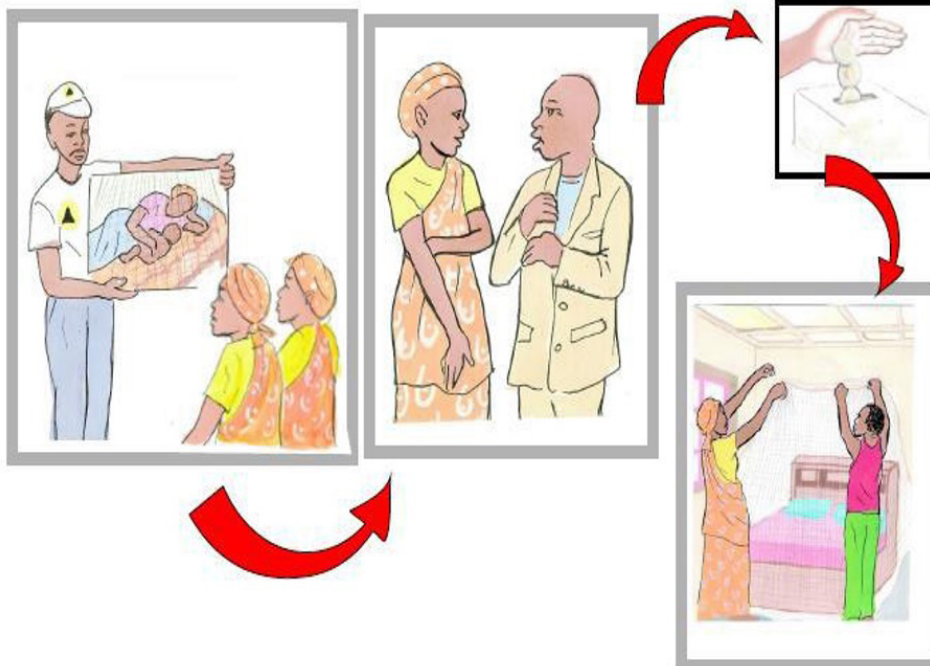
Cithunzithunzi 4.3



Limbikitsanani wina ndi mzake.



Citani luso latsopano.



Kumbukila kuti pali ena okuthandizila.

KHULUPILILANI KUTI MUKHOZA KUSINTHA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 4.4)?

FOTOKOZANI:

- **Kumbukilani zimene munacita bwino kumbuyo.**
 - Dzikumbutseni za kusintha kwa bwino kumene mwaona kale mumoyo wanu.
- **Anthu anakusankhani.**
 - Anthu ndiotsimikiza za luso lanu ndi kucititsa kwanu.
 - Anakusankhani kuwathandiza kukwaniritsa colinga cao.
 - Akhulupirira mwa inu.
- **Kumbukila kuti pali ena okuthandizila.**
 - Magulu apafupi-pafupi (ndi gulu losamalila) lidza kuthandiza pamene mupanga kusintha pamodzi.
 - Tidzakupatsani luso ndi nzeru kuti ana anu akule ocejera, athanzi ndi amphamvu.

FUNSANI: Kodi ndi angati a inu mwakwanitsa kusunga zimene munalonjeza kufikira pano?

FUNSANI: Ndi motani m'mene ucita bwino uko kungakuthandizileni udziperekanso?

KHULUPILILANI KUTI MUKHOZA KUSINTHA

Cithunzithunzi 4.4



**Kumbukilani zimene
munacita bwino kumbuyoku.**



Anthu anakusankhani.



Kumbukilani kuti pali ena okuthandizilani.

PHUNZIRO 5: KUYANG'ANIRA KUSINTHA NDI KUYENDERA



ZIPANGIZO ZAPHUNZIRO 5:

■ Mabuku atatu yoonjezera pa mbali yasewero



SEWERO:

Zakudya Zazipatso



AMENE ANALIPO

NKHANI:

Yoyang'anira kakulidwe ka Mwana (Cithunzithunzi 5.1)

Gulu lathu lakusamalira linayamba kuyang'anira kakulidwe ka ana athu. Tinafunana kuti tione ngati kusintha kumene tinapanga kunali kuthandizila ana athu. Tinayamba utengako mbali mukuona kakulidwe ka mwezi ndi mwezi ndi ntchito yoyendela kuti ana athu apimidwe. Zolembedwe zoonetsa kakulidwe ka ana athu pazipepala za ana ocepekera zaka zisamu (5) zinationetsa kuti ana athu amakula bwino. Amayi apakati amapita kawiri-kawiri ku cipatala kukapimidwa. Tinalimbikitsidwa. Ngakhale kusintha pang'ono kunathandizila ana athu kukula. Cinatilimbikitsa kupitiliza kugwira ntchito.



FUNSANI:

- Kodi ndicifukwa ninji azimai anafuna kuti ayang'anire kakulidwe ka ana ao?
- Ndimotani pakuyang'anira kakulidwe m'mene analimbikitsidwa upitilize?
- Kodi ndi njira zina zotani zimene mungayang'anire pa kusintha?

Tiyeni tilinganize maganizo anu ndi mauthenga ali pa masamba otsatila.

NKHANI: YOYANG'ANIRA KAKULIDWE KA MWANA

Cithunzithunzi 5.1



Mwezi wathawu tinayang'anira pakusinth kwakalidwe. Tinayamba kutengako mbali mukuona kakulidwe ka ana pa mwezi ndi mwezi ndi nchito yoyendela mumakhoma kuti ana athu apimidwe.



Azimai apakati amapita ku cipatala kawiri-kawiri kukapimidwa.



Tinalimbikitsidwa kuti ngakhale kuli kusintha pang'ono kumathandizila ana athu kukula.

KUYANG'ANIRA KUSINTHA KUMOYO WA BANJA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 5.2)?

FOTOKOZANI:

- **Tikhoza kuyang'ana zakusintha mu umoyo wamabanja m'magulu athu a azimai.**
 - Kusintha kwa ciwerengero ca matenda okhudza ana.
 - Kusintha kwa misinkhu ya ana.
 - Kusintha kwa mphamvu za ana.
 - Kusintha kwa cisangalalo ndi kaseweredwe ka ana.
 - Tikhoza kulimbikitsa amene tikhala nao pafupi kuti afune-fune kusintha naonso.
- **Tikhoza kusakaniza uthenga ocokera kwa odzipereka pazakadyedwe onse ndi kufuna kusintha. Mu zithunzithunzi izi ciwerengero ca ana odwala m'mimba mothulula cacepekera.**
 - Anyantchito a FANSER adzapimanso kusintha ndi kufalisa uthenga uyu kwa ife.

FUNSANI: Kodi tidzadziwa bwanji ngati kusintha uko ndi kwabwino?

- Ngati matenda ya ana yachepekera, ndiye kuti tachita bwino, ici cidzatilimbitsa.
- Ngati misinkhu ndi mphamvu za ana sizisintha kapena kubwerera pansi, tifunika kupitiliza kugwira nchito imene idzatandiza kubwelesa kusintha kumanyumba kwathu.

KUYANG'ANIRA KUSINTHA KUMOYO WA BANJA

Cithunzithunzi 5.2



Tikhoza kuyang'ana zakusintha kwa umoyo wamabanja m'magulu athu a azimai.



Tikhoza kusakaniza uthenga ocokera kwa aphunzitsi odzipereka pazakadyedwe onse ndi kufuna kusintha. Mu zithunzithunzi izi ciwerengero ca ana odwala m'mimba mothulula cacepekera.

KUYANG'ANIRA MAGULU A AZIMAI



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 5.3)?

FOTOKOZANI:

- **Aphunzitsi Odzipereka pazakadyedwe adzagwira ntchito ndi gulu imodzi ya azimai 8-12.**
 - Ngati magulu ali ndi azimai ocepekera pa 12, aphunzitsi odzipereka pazakadyedwe akhoza kuonjezamo azimai ena m'magulu otere.
 - Magulu asakhale ndi azimai opitilila pa 12.
- **Azimai amene alibe pakati ndipo alibe ana ocepekera pa zaka ziwiri adzalumulidwa kucitukuko.**
 - Kuti tikwaniritse colinga cathu tifunika uyika nzeru pa azimai apakati ndi azimai ali ndi ana ocepekera pa zaka ziwiri.
 - Azimai ali ndi ana akulu-akulu adzalumulidwa kotero kuti azimai atsopano angalowe mumagulu apafupi.
 - Aphunzitsi Odzipereka pazakadyedwe akhoza upitiliza udzipereka kugawana ndi okhala nao pafupi ngakhale kuti alibe pakati kapena alibe ana ocepekera pa zaka zawiri.

FUNSANI: Kodi nicifukwa ninji izi zinthu ndizofunika?

- Tsogoro laumoyo wa mwana likhuzidwa ndi kadyedwe ndi mphamvu akali m'mimba komanso mzaka ziwiri zoyamba zamoyo. Azimai apa gulu afunika ulumuka kuti azimai atsopano naonso alandile maphunziro.
- Magulu ang'ono ang'ono amakhala abwino kwa odzipereka pazakadyedwe naonso ali ndi ntchito zina zapa banja.

KUYANG'ANIRA MAGULU A AZIMAI

Cithunzithunzi 5.3



Aphunzitsi Odzipereka pazakadyedwe adzagwira ntchito ndi gulu imodzi ya azimai 8-12.



Azimai ali ndi ana akulu-akulu adzalumulidwa kotero kuti azimai atsopano angalowe mumagulu apafupi.

KUFALISA UTENGA WANCHITO YA BWINO NDI ANTHU ENA



ONETSANI:

Kodi muona ciyani pazithunzithunzi izi (Cithunzithunzi 5.4)?

FOTOKOZANI:

- **Zinchito zoonse zoyendela makhomo amene tikhala nao pafupi zimalembedwa mu buku lacikuto yolimba la Aphunzitsi odzipereka pazakadyedwe.**
 - Tilemba kuyendela kwa pa mwezi ndi otumizidwa aliyense ku cipatala kapena ku bungwe la FANSER.
 - Pamene tiyamba ndondomeko yamadimba, tilemba zionetsero zamadimba.
 - Tilembanso zimene taona pamene timayendela mabanja.
- **Pamene taona kusintha, falisani utenga ndi ena.**
 - Gawanani nkhani pazakusintha ndi amene tigwirizana nao, cigao ca zaumoyo, anyantchito azaumoyo okhala kumene ticokera ndi kabungwe kazaumoyo kakumene kukhala anthu ndi magulu azimai.
 - Kugawana kudzatilimbikitsa kupitiliza.
- **Tifunika kusangalala cifukwa cakusintha ngakhale nipang'ono pang'ono tiona pakapita minyezi ili yonse.**
 - Mwina cikhoza kutitengera zaka zambiri kuti tikwaniritse cholinga cathu kuti ana onse akule ocenjera, athanzi ndi amphamvu.
 - Tifunika kusangalala cifukwa ca kusintha pang'ono kuti tilimbikitsidwe anthu ena kupita patsogolo.

KUFALISA UTENGA WANCHITO YA BWINO NDI ANTHU ENA

Cithunzithunzi 5.4



Pamene taona kusintha, Kufalisa utenga wanchito ya bwino ndi anthu ena



Tifunika kusangalala cifukwa cakusintha pang'ono kumene tiona pakapita minyezi pang'ono iliyonse.